

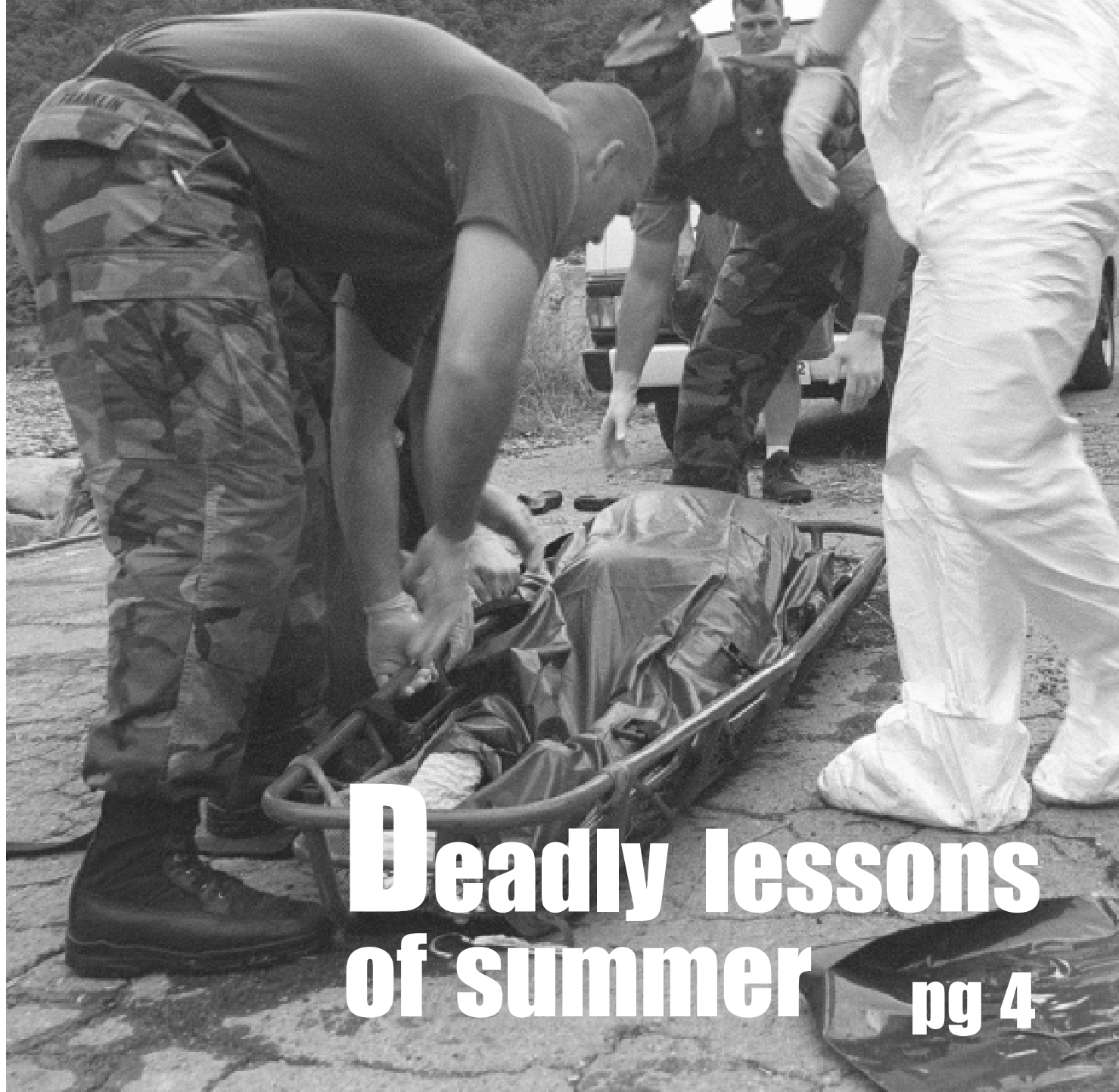
Torii

Marine Corps Air Station
Iwakuni, Japan



Teller

Vol. 44 No. 20
May 28, 1999



Deadly lessons of summer

pg 4

Celebrate Memorial weekend with care

Memorial Day weekend is the traditional opening of the summer outdoor season. For most of us the season is a happy and enjoyable time of year. Unfortunately, increased recreation and sports activities bring increased mishaps and heat-related injuries. Before participating in these events, we must exercise some common sense and sound risk management. Look for the hazards – think of the consequences when you see the warning signs.

Personally owned vehicle mishaps are still our number one killer. This fiscal year produced 28 fatalities from POV accidents alone. The Navy Safety Center forecasts three casualties within our Navy-Marine Corps team this Memorial Day weekend. Our nation's highways are becoming battle zones. Killing or injuring ourselves and others is not the outcome any of us want during a three-day weekend.

We cannot afford to lose valuable members of this Navy-Marine Corps team to senseless accidents.

We could not fight effectively if we were intoxicated or

asleep. So why would we take the same risks in garrison? We must be alert to our surroundings both in battle and at home. Think before you act and be well rested prior to climbing behind the wheel. The Corps prides itself on small unit leadership. Let's exercise that leadership and observe the Memorial Day weekend with zero losses.

Supervisors should identify high-risk individuals and utilize the appropriate checklists available through the Navy Safety Center's website: <http://safetycenter.navy.mil/ashore/motorvehicle/motor.htm>.

Take a moment and reflect on what Memorial Day is all about. Think of those who made the ultimate sacrifice for us and safeguarded the freedoms we now enjoy. Take care of yourselves, take care of each other, and have a great weekend.

/s/ LtGen. Carlton Fulford
Commanding General, MARFORPAC

Sacrifices remembered

Before I became the Secretary of the Navy I spent a good deal of time abroad, learning about various cultures and regions that are of increasing importance to our Navy and Marine Corps as we face a complicated world. During this time, I saw many varied ways in which our own culture is perceived. One of those perceptions - an accurate one - is that we highly value each individual and his or her unique contribution to the collective things we care about in America.

On Memorial Day, that is really the core of our reflection; that those we have lost in conflicts around the world were unique men and women who brought something special to all of us, and added a luster to the American experience. Their loss means we are without their special skills, their words, and their futures of individual promise, both for their families and for the nation. In short, we really miss them.

Their loss also means that we can more readily enjoy our freedoms,

which include for many of us a day of rest on May 31. This is a chance for us to be with people who help us recall and commemorate, through their unique qualities, those we have lost. In remembering our men and women killed or missing in action this Memorial Day, my wish is that we cherish their individual life-long stories and honor them by recalling their sacrifice. We are grateful for what they brought us in life and for the remarkable freedoms they helped secure for us in their passing. We really do miss them.

/s/ Richard Danzig
Secretary of the Navy



Our Cover

Rescuers recover the body of one of the five air station's residents killed in water-related accidents during the last four years. The air station is taking action to prevent residents from falling victim to local waters. (photo courtesy of NCIS)

Torii Teller

| | |
|------------------------------|------------------------|
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News Briefs

Commissary Closure

In observance of Memorial Day, the commissary will be closed Monday and Tuesday. Normal operations will resume Wednesday, 10 a.m.

Family Housing Hours

The Family Housing Welcome Center reminds patrons of its new hours, 8 a.m.-5 p.m. except for the first and third Tuesday of every month, when it's open from 8 a.m.-3 p.m. Family Housing can be reached at 253-5541.

ATM Information

Due to Y2K system upgrades, Navy Federal Credit Union's automatic teller machines will be out of service from approximately 1 p.m. June 9 until 1 p.m. June 10. During this period, NFCU ATM cardholders cannot use their cards for ATM transactions anywhere on the air station. However, the cards may be used for "debit" purchases. For specific information call NFCU at 253-6329/4794.

Post Office Hours

Because of Holiday scheduling, no window service will be available at the Post Office Saturday for outgoing mail. Patrons, however, can pick up mail from their PSC boxes. The Post Office will be completely closed Monday. Normal operations will resume Tuesday.

Power Outage

Areas on the North side will experience a power outage from 8 a.m.-4:30 p.m. Saturday but will not affect family housing. A power outage on June 5 from 9 a.m.-4:30 p.m. will affect a large area of housing, Eagle's Nest, Officers' Club, AFN and other local services.

Sergeant Major of the Marine Corps visits Iwakuni

by **Sgt. Michael Wiener**
Torii Teller Staff

The Sergeant Major of the Marine Corps visited the air station Saturday through Tuesday and talked with his enlisted Marines Monday.

Sergeant Major Lewis Lee made the visit to continue his promise to keep the Marines informed.

"I'm back here doing what the commandant and I have been doing for four years – talking to our Ma-

rines and Sailors about what is going on in the Marine Corps," Lee said. "We promised to make the Marines aware of the good and the bad."

During his tour of the air station, Lee walked through various work sections and talked with the junior Marines about quality of life issues.

"You'll see it, if you stick around for three or four more years that things are going to get better in the

see **SGTMAJ** Page 10

PMO shines at BRI awards

by **Cpl. Michael Niman**
Torii Teller Staff

The Provost Marshal's Office earned the first Iwakuni Business Reform Initiative Wedge Award and a Certificate of Commendation as well as personal awards for some of its employees during two ceremonies held at the Sakura Theater May 21.

The first ceremony was for the air station's officers, staff noncommissioned officers and English speaking civilian employees.

The second ceremony was for

Japanese speaking civilian employees.

Colonel Richard Dunn, air station commanding officer, along with the air station's BRI management analysts applauded the air station progress with BRI at the ceremonies and urged for more ideas from the station's workforce.

The colonel also presented individual and group contributors with awards ranging from Letters of Appreciation to Certificates of

see **BRI** Page 8



photo by Cpl. Michael Niman

Col. Richard Dunn, air station commander, presents the first Iwakuni Wedge Award to PMO during the first of two BRI briefs May 14.

This year there's a precedent to break

by LCpl. Ryan Bradburn
Torii Teller Staff

The Station Safety Center is trying to set a new precedent for water safety among air station residents this summer.

Due to a significant number of fatalities caused by water accidents in previous years, a Water Safety Process Action Team has been established and developed new guidelines for station residents to enjoy water activities.

"We've had five fatalities in the past four summers," said Capt. Stephen Murphy, director of safety and standardization. "This summer will be a success if we make it through without a mishap."

A safety stand-down was held this week to highlight policy changes for residents heading to the beach or rivers.

One of the changes includes boat rental from Marine Corps Community Services. Residents have to attend a class and pass a boating and water safety test. Every time MCCA issues a watercraft, a float plan must be logged.

"Borrowers have to register a float plan," said Murphy. "If they're not back when they say they'll be back, recall procedures will go into effect."

Also, when dangerous water conditions are in effect, boat issue will be suspended.

"We'll have signs posted at all the gates to alert people of dangerous water conditions," Murphy said.

Some helpful tips for water-lovers were also passed at the stand-down.

Residents should memorize the station telephone number, (0827) 21-4171 in case an off-base emergency requires them to contact personnel here. To avoid problems, swimmers should realize what kind of water they're swimming in.

"You should never overestimate your ability or underestimate the water," said Murphy. "Water doesn't have to look dangerous to be dangerous. There are often strong undertows people don't always understand."

Taking a friend along when swimming is always a good idea, and alcohol and water activities never mix, according to Murphy.

"A lot of times, it's that little bit of impaired judgment that leads someone to do something they shouldn't do," he said.

The Water Safety PAT met last fall and earlier this spring to devise ways to keep air station residents safe and break the precedent set during the last four years. They won't know if their efforts paid off until the summer has passed, though.

"The real test is this summer," said Murphy. "We want everyone to enjoy the water this summer, but we want them to do it safely."

Bazaar offers shoppers delight

by LCpl Ryan Bradburn
Torii Teller Staff

The 1999 Marine Corps Community Services/Officers' Wives' Club Bazaar brought more than 40 vendors to the community here May 15 and 16.

The bazaar takes place twice every year, sponsored alternately by OWC or Matthew C. Perry's Parent Teacher Organization. It brings tidbits of culture to air station residents.

"The bazaar is a great place to shop if you aren't able to travel," said Heather O'Connor, bazaar volunteer supervisor.

The bazaar is deeply rooted in the air station, dating back at least 20



photo by Sgt. Michael Wiener

Farewell Visit

LtGen. Frank Libutti, Commanding General III MEF and Commanding General Marine Corps Bases Japan, visits with Marines from the Adjutant's Office May 21. He visited the air station to thank Marines, Sailors and civilians for their hard work and dedication during his command in Japan.

MCI graduate of the year

by Sgt. Michael J. Bess
8th and I Public Affairs

MARINE BARRACKS, WASHINGTON, D.C. — The Commandant of the Marine Corps presented the Navy and Marine Corps Achievement Medal to Sgt. Jason Johnston, the Marine Corps Institute's 1999 Graduate of the Year, in a ceremony at the Pentagon May 13.

"...the bulk of my MCIs concerned infantry skills. I needed to take that knowledge, retain it, and pass it on to my junior Marines."

Sgt. Jason Johnston

General Charles Krulak presented Johnston with the medal for successfully completing 17 MCIs over the course of one year, and applying that knowledge to teach, train, and counsel his Marines.

Johnston, a former bulk fuel specialist, now serving as a squad instructor at Marine Combat Training Battalion, School of Infantry, Camp Pendleton, Calif., was recently meritoriously promoted to sergeant and named noncommissioned officer of the year at Camp Pendleton. He is currently finalizing his application for the Meritorious Commissioning Program.

"Sergeant Johnston's accomplish-

ments truly exemplify General John A. Lejeune's vision of obtaining education and vocational training through distance learning," said Capt. Brian Howlett, Marine Corps Institute company commander.

Johnston, accompanied by his wife Rebecca during his visit here, said taking such an astounding amount of MCIs in a year was a necessary task to strengthen his skills as a basic infantryman.

"I went to the School of Infantry to train Marines in infantry weapons and tactics. I needed to take the majority of those courses to bring myself up to speed with my fellow Marines in the infantry and to gain the knowledge," said Johnston. "Not only did I need to know the job of an infantryman, but I was also going to be instructing as one, so the bulk of my MCIs concerned infantry skills. I needed to take that knowledge, retain it, and pass it on to my junior Marines."

The Arizona State University graduate said his passion for knowledge played a major role in getting him to the level he is today.

"I went to college for five years and I admit I was not always a 4.0 student, but I like to read and I love to learn," said Johnston. "I love to watch the Discovery Channel, Arts and Entertainment, and the History

Channel. There is always so much to learn, and being here in Washington, you are able to see the governmental side and historical aspects."

At a special request by Johnston, Arizona congressman Matt Salmon presented him with a plaque given by the Distance Education and Training Council, the accrediting organization for MCI, honoring him as one of the top graduates of 1999. He was also honored by the Navy League with a plaque and a \$500 savings bond.

Rebecca Johnston said she is ecstatic about the award the Marine Corps has bestowed upon her husband.

"I am very proud of him," said Rebecca. "He has worked hard for this. Like he said, he loves to learn, and this award represents who he is."

Johnston said for a Marine to accomplish what he has done, it takes dedication.

"My motto is 'knowledge is power,' something Gen. Krulak talks about constantly, and the Marine Corps is also big on education," said Johnston. "I am a squad instructor at MCT, and I get 18-, 19-, 20-year-old privates out of basic training, and I always stress to them the importance of an education. I tell them to take college courses, take MCIs, get your professional military education done. I tell these young Marines they want to be on the fast track; they want to go places, get promoted, go to schools, and get into positions of greater responsibility, and they will see education is the quick path to success."

Luau lures lo

by Sgt. Michael Wiener
Torii Teller Staff

The MAC Dome morphed into a tropical paradise Saturday evening, as station residents celebrated Asian/Pacific Heritage Month with a luau.

Taiko drums filled the dome with thunder, and Na Keki O Ke Akua, a hula group from Honolulu, told

stories of ancient Hawaii with their hands and hips.

"The hula dancers were really the highlight of the show," said Bernadette Walker, Marine Corps Community Services special events coordinator. "But overall, the event was a success."

More than 800 people attended the luau, according to Walker. Along with hula dancing and drums,

residents got their hands busy with Japanese calligraphy and origami.

"We tried to bring in all of the Pacific heritage," Walker said. "A lot of new people to the area attended the luau and had the opportunity to experience the different cultures."

"The luau was great," said SSgt. Gary Tank, air station legal assistance chief. "My son was amazed by the fire twirler, and the Taiko Drums

RIGHT: PFC Vernon Hampton (left) and Cpl. Jarrod Harvey dive in to their bowls in the pineapple eating contest during the Luau Saturday at the MAC Dome.
BELOW: Iwakuni's Taiko drummers pound out the beat for the crowd.



icals

were neat.”

A buffet with sukiyaki, egg rolls, Filipino rice and other tastes of the Pacific rim suppressed any appetites worked up from the event. Other events included an Iliado sword demonstration, a Judo/Tai Kwon Do demonstration, and a hula hoop contest.



photos by Sgt. Michael Wiener

ABOVE: Petra Gamatero, with the Na Keki O Ke Akua hula performers, dances a Tahitian dance, one of the many different forms of hula.
LEFT: “Chief Tama,” a fire dancer from the Hale Koa Hotel in Honolulu, twirls a baton of fire to entertain the crowd.

Pre-service prepares PMO personnel

by LCpl. Ryan Bradburn
Torii Teller Staff

Not every military policeman checking aboard MCAS Iwakuni hits the streets immediately.

After being processed through the Joint Reception Center, Marines heading to the Provost Marshal's Office have to go through training in a pre-service class to learn the ropes here.

"Other bases have a pre-service class, but it's a lot more detailed here," said GySgt. David Walker, PMO training chief. "The class is important, especially for MPs fresh out of MP school."

The class hits subjects important to MPs on the road.

"We touch on deadly force and the

use of weapons," said Walker.

"Another key point is the Japanese culture and how we work with Japanese police. We cover things like what MPs are allowed to do, where they're allowed to go and what they should do if they get into a chase."

The class usually takes a little less than a week, accommodating five Marines at a time, though it depends on the rotation flow.

"It's given every time we get new MPs," said Walker. "The class is usually about four days with a formal graduation at the end."

Each session is taught by fellow MPs unless a special subject expert is needed.

"We have 10 people to cover all classes and they're all from within PMO," said Sgt. Jason Pieters.

"The only time we use someone from

outside our office is to have a briefing from Explosive Ordnance Disposal or medical."

When Marines complete the course, they're ready to hit the road, but not without some supervision.

"After the pre-service class, MPs are assigned a field training officer," said Walker. "The FTOs will teach them even more."

Walker and Pieters agree the class takes a lot of time but is worth it for the security of the station.

"We spend up to 45 days preparing MPs to hit the street," said Walker. "We have to put a lot of time into the training to make sure they're ready."

"If we didn't have the pre-service class, it would slow down the entire watch," Pieters said.

News

BRI from Page 3

Commendation to the BRI Wedge Award, which denotes the largest BRI contributor for a specific period of time.

With more than 100 military and civilian employees under its authority, PMO had many minds to pull from for ideas involving BRI which lead to their Wedge Award and commendation.

"Business Reform Initiative is stressed to everyone at PMO. When new PMO Marines arrive I make BRI one of the main focus points in my welcome aboard brief to them," said Maj. John Kratzert, provost marshal here.

Not only did PMO capitalize on the wide span of knowledge and ideas its members possessed, but outside information helped as well.

"We looked at what security and comparable businesses in the civilian sector are doing, and benchmarked our operations and performance to that. "We had the comparison and improved from there," said Kratzert. The bulk of PMO's ideas came from the people "doing the job," who thought of more efficient ways to perform their particular duties.

Every idea receives personal consideration and thought, according to Bob Miller, BRI action officer here.

"If you're a lance corporal, a major or a GS-13, it doesn't matter, everyone can submit ideas for BRI," said Miller.

Ideas for BRI can be submitted by phone at 253-5709/3525, fax at 253-5837, e-mail at BRI@iwakuni.usmc.mil, or hand written at the BRI Office in Bldg. 360.

BAZAAR from Page 4

years, according to Sonja Jackson, spring bazaar coordinator.

"It's a very community-organized event," said Jackson. "Every dime OWC gets from the bazaar goes back into the air station. It's a win-win situation for the community."

Not only does the bazaar bring culture, it also gives residents a chance to get together.

Air station residents are the backbone of the event, volunteering to work long hours to pull it off.

"We work with about 330 volunteers from the community," said O'Connor. "I really haven't had to do a lot of calling. About six weeks ago, we started setting up a table at the exchange for a couple hours each weekend and people signed up."

Volunteers supported 44 vendors from around the Pacific theater this spring.

"We're brought in vendors from different nearby countries and some local vendors," said Jackson. "They all probably brought down as much as they had."

"We're usually first on the circuit, but because of the runway closure, we were last this year," said O'Connor.

Placement on the circuit will inspire vendors to bring all their wares.

"This year we had more vendors than last year and we squeezed them into a smaller area," said Jackson, referring to the bazaar's first occurrence in the MAC Dome. "Because we were in the MAC Dome, we were able to set up on a light schedule, though."

Iwakuni Single Marine Program

- something to write home about

Dear Mom,

Last week I went on a three-day camping trip to Tamagawa, on the west coast of Japan, near Korea.

Do you remember when I wrote you about the Single Marine Program? It gives Marines and Sailors many opportunities to see more of Japan, like the Tokyo Fun Trips and Space World theme park.

It also gives Marines free pizza every month at this hangout on the air station called the Hornets Nest. That's where I found out about this trip.

About 20 other Marines went to Tamagawa and the best part is — it was free. I just needed to put my name on a list and show up to get on the bus.

On the bus we got to watch a few movies. Otherwise, it would have been a long trip — three-hours of staring out a window until we reached the other side of the country.

While at "camp," we played volleyball, hiked in the mountains, relaxed and ate.

I didn't have to bring any food either, because the Single Marine Program provided hamburgers, hot dogs, chips and a heap of other goodies.

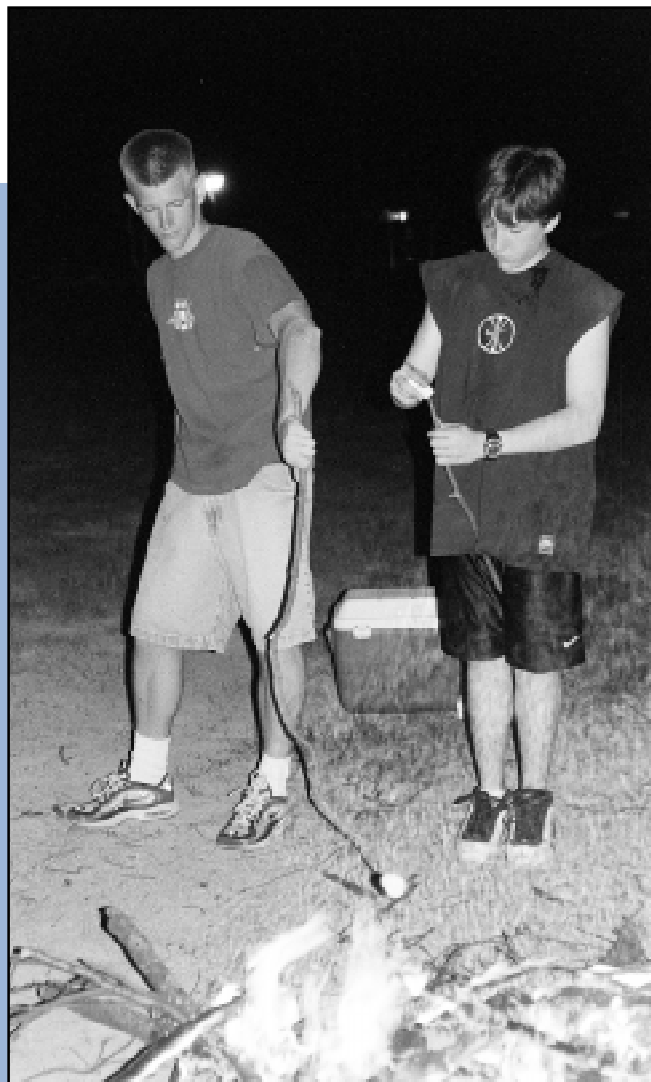
I had a big tent and sleeping bag — they were free too. All I had to do was check out the gear at this place called Gear Issue at the Main Gym here. The whole trip cost me less than \$20 — half of that was for a flash light.

I am really happy I am stationed in Japan. Because of the Single Marine Program, I get to see things I can't any other place in the world.

Tell everyone I miss them, and I'll be home soon.

Love,

Your son Mike Niman



photos by Cpl. Michael Niman

ABOVE: At camp we had a chance to roast marshmallows and keep warm around the fire.

BELOW: Some of the Marines put together a sign near their tents that tells where their from.



SGTMAJ from Page 3

Marine Corps. The quality of life has been improving and will continue to improve."

In a brief to the air station's non-commissioned officers, Lee addressed the role of the Marine Corps in future operations.

"We'll always be able to fight the way we fought in Desert Storm, but that's not the war you'll be fighting," said Lee. "It will be the three-block war, fighting in cities and slums of third-world countries."

Lee also talked about the shortage of manpower and what it means to the Marines.

"Right now, we are doing more with less personnel, and I don't think it's going to change," he said. "All Marines need to be able to do what the Commandant needs to be done when it needs to be done. Those who can't are a liability. We can't afford to have them."



photo by Sgt. Michael Wiener

Sergeant Major of the Marine Corps, SgtMaj. Lewis Lee, talks with Marines from VMFA-212 during his tour of the air station Monday.

MALS-12



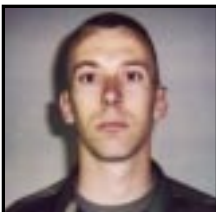
Cpl. Nicholas J. Gagnon
Lewiston, Maine
Promotion

CSSD-36



Cpl. Cesar A. Infante
New Orleans
Promotion

MWSS-171



Sgt. John B. McCluskey
Reno, Nev.
Promotion



Sgt. Gregory A. Satterly
Louisville, Ky.
Promotion

MWSS-171



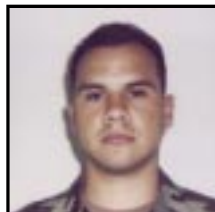
Cpl. Anthony G. Chavarria Jr.
Mesa, Ariz.
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Harlingen, Texas
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Salute



Hard corps runners see Japan in unique ways

by Cpl. Michael Niman
Torii Teller Staff

"During the race, I changed socks four times, shoes and clothes three times. I ate 11 Powerbars, six Powergels, miso soup, tofu, udon noodles, rice balls, 'mochi rice,' green tea, chocolate candies and drank as much water as I could drink," said Pierre Garant.

Garant, one of a handful of Iwakuni servicemembers running in the Hagi Okan races in Yamaguchi City, Japan May 4, ran a longer race than any of the air station participants, placing third out of 160 in the 140-kilometer (86.8 mile) ultra marathon. And he did it in less than 20 hours.

"My race started around 6 p.m.," said Garant. "I had to fight the cold and rain through the night, many

different pains, a language barrier (took two wrong turns adding an extra mile), pitch darkness in mountain trails with flashlight and sleep deprivation.

Rory Meehan finished fourth out of 118 in a 70-kilometer (43.4 mile) ultra marathon.

"The hardest part of the run was from mile 34 to 38.

The number of runners had thinned out, the uphill were taking a toll on my legs and thoughts of the miles still ahead scared me," said Meehan.

The Hagi Okan races are only a new chapter in the running lives of Meehan and Garant. The two train together often and find tougher challenges each time they run, according to friends.

"They are both tough competitors," said Toshi Fujita, fellow runner and close friend of Garant and Meehan. "We go to many local races together. Since I'm Japanese, they run a lot of races many Americans don't know about."

"We are very lucky. By getting to run these races we can see sites in Japan most people miss," said Meehan.

"On this run, I ran on trails through the mountains — I went for hours without seeing a car or even another person," said Garant.

Both Marines say they are glad the Marine Corps granted them orders to the land of the rising sun, giving them the chance to see the country from a perspective of a runner.

Garant and Meehan have been running for 23 years (since about the time they each joined the Marine Corps) and have had similar experiences. Both ran multiple marathons, including the Marine Corps Marathon, and have run up Mount Fuji, the tallest mountain in Japan, with an elevation of 12,395 feet.

see **RUNNERS** next page

ABOVE: Rory Meehan donned a plastic garbage bag in the middle of his race to protect him from the rain.

LEFT: Pierre Garant finishes slightly more than 20 hours after starting 6 p.m. the night before. The Hagi Okan races were held May 4, approximately 75 kilometers north west of Iwakuni.



photos courtesy of LtCol. Pierre Garant

Speed dominates Iwakuni's All Stars' games

by Cpl. Michael Niman
Torii Teller Staff

The Iwakuni Base All-Stars and the Men's Over-30 All-Stars squared off at the Main Gym in a double-header which the Base All-Stars swept 44-35 and 70-48.

The Base All-Stars, half the age of most Over-30 All-Stars, made up for the lack of experience with twice the speed.

"I thought this would be good practice for the base team," said Over-30 player Chauncey Lovely. "It would show the young guys that the Over-30 players had some things to teach them."

The Over-30 All-Stars, comprised of the top players in the first and second place Over-30 teams, got a little more than they bargained for from the Base All-Stars.

"I thought the scores would be closer," said Over-30 guard DeQuincy Johnson, referring to his team's nine- and 22-point losses. "They had a lot of hustle. I knew they would be quick, but I didn't expect us to have so many turnovers."

The Over-30 players didn't expect such a scoring difference, but the Base All-Stars knew how to play them.

"I expected to face an experienced veteran team," said Base All-Star Victor Grant. "The Over-30 players tried to slow down the game and control it in the low post, but our speed and agility were the determining factors in the victories."

"There were a few times when the ball was rolling on the ground, and there was a race to see who would get it," he said.

The younger players' speed seemed to overwhelm the Over-30 group.

"We couldn't contain them through two games," said Lovely.

Jermaine Jones, Iwakuni All-Star, knocks the ball away from an Over-30 All-Star in game one of their match-up May 18.

"Over-30 guys played a slower, more conservative game."

"The tempo and attitude are the main differences between the teams," he said. "The younger guys have more of a 'look at me' attitude, whereas we are more team-oriented."

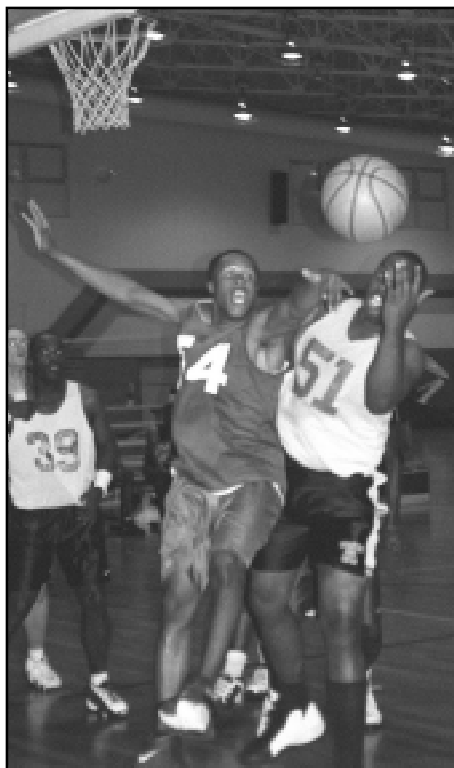
The younger attitude exuded from most of the Base All-Stars.

"Even though they are older and slower, they gave us some good practice," said Grant. "It's always good to play a team with some experience."

The two groups seem to have the same intentions: building a better base team.

"I just hope by playing them, some of our experience can rub off," said Lovely. "When they go to tournaments at other bases they are representing Iwakuni. After playing them, I know they have the goods to beat anyone, but they can always improve."

The match-up of the two teams was concocted by Over-30 player Chauncey Lovely and Iwakuni coach Eugene Clark to make-up for the cancellation of a two-week Pacific teams' tournament in Guam.



Sports Briefs

Group Golf Lessons

Torii Pines Golf Course offers group golf lessons now through September to patrons age 10 and older. Lessons include instruction, clubs and range balls. There is a fee, which is waived for patrons E-5 and below. For details call 253-3402.

"Skillz" Day

Youth Activities will hold a Baseball All Star "Skillz" Day on Monzen Field Saturday, 10 a.m.-2 p.m. This activity includes competition in age groups from 5 to 18 years old. Concessions will be available. For details call 253-6883.

Scuba Open Water

Scuba Open Water Diver certification classes begin Wednesday. All SOFA personnel may register. There is a fee, which includes all instructions, manual, logbook, training record and equipment use. Call 253-5520/6058 and leave a message.

RUNNERS from Page 11

"That was the hardest run I've ever done in my life," said Meehan, referring to the Mount Fuji run.

"Not only are you running up the side of a mountain, but the temperature change is like summer to winter, and the lack of oxygen makes you feel like you're going to die," said Garant.

Despite all the miles they've logged and shoes they've worn out, the two are not ready to retire from running yet.

"We'll be running in our 60s," Meehan said. "We might not be winning still, but we will be running."

The two Marine runners attribute much of their success' in life to running and the Corps.

"The Marine Corps is a big part of it," said Garant. "It's part of Marine Corps culture to run."